In This Issue

pg. 2-3  What's new for Wabanaki Public Health, Seven Sacred Teachings

pg. 4-5  2017 Inter-tribal Youth Gathering, Youth Shout-out: CJ Francis

pg. 6-7  Stress Busters, Traditional uses of Tobacco

pg. 8-9  Tolerance, Dependence, Addiction: What's the difference?, Upcoming Events

pg. 10  Three Sisters Soup Recipe
What’s New to Wabanaki Public Health

Location:

Wabanaki Pulic Health is now located at
PO Box 299
Old Town, ME 04468  (207) 817-0425.

New staff:

Andrea Sockabasin, Youth Prevention Health Coordinator
Esther Mitchell, Tobacco Coordinator
John Dennis, Youth Engagement Coordinator
Nicole Altvater, Substance Use Disorder Coordinator
Saige Purser, Substance Use Disorder Coordinator

New Updated Website - March premiere

Be on the look out and check out our new website at :

http://wabanakipublickhealth.org...coming soon

And follow us on Facebook:

@WabanakiPublicHealth

DON’T MISS OUT! Wabanaki Public Health Newsletter is going paperless. Please contact us to sign up for our e-newsletter.

Nicole Altvater: naltvater.wph@gmail.com
Saige Purser: spurser.wph@gmail.com

For more information please visit  www.cdc.gov
Honoring Our Elders

Elders are first and foremost teachers and role models. They are important in the teaching process, from baby to adult and beyond.

It is vital that we respect and honor our Elders they are keepers of tradition, guardians of culture, wise people.... the teachers.

If there is an Elder in your community you would like to recognize for the contributions they make to their community, please send us a photo along with a few words about them and their good work. We will select one Elder per issue to recognize.

You can e-mail your Elder or Youth nominees to:
Nicole at naltvater.wph@gmail.com or Saige at spurser.wph@gmail.com or mail them to PO Box 299, Old Town, ME 04468
Importance of youth engagement

- Meaningful engagement is related to productive adulthood.
- Enhancing protective factors for youth can improve adolescent health.
- Engaging young people also increases academic success.

If you know of any youth that are interested in joining the youth council contact John Dennis at jdennis.wph@gmail.com

Penobscot Inter-Tribal Youth Gathering

The Penobscot Nation hosted their annual Inter-Tribal Youth Gathering from February 21st to the 24th. Seventy youth from four tribal communities attended the gathering. Wabanaki Public Health’s prevention staff presented tobacco and substance use prevention efforts. The youth had a chance to hear the traditional uses of tobacco while making tobacco bundles. They also engaged in a talk about ways to say no to drugs and the effects of drugs on the body. John Dennis also attended the gathering in order to recruit youth as part of WPH’s youth engagement initiative.
Wabanaki Public Health wants to congratulate Carroll “CJ” Francis, Jr. of the Passamaquoddy Tribe on his achievement of becoming a Champion for Change! The Center for Native American Youth (CNAY) created the CFC program to highlight youth leaders within Indian Country. Each year CNAY selects five inspirational Native youth to join the CFC leadership network as Champions of Change. These selected Champions work closely with CNAY with a kick-off event in Washington DC where they learn ways to amplify their leadership stories and enhance their advocacy skills. The Champions then remain engaged through a one-year term on CNAY’s Youth Advisory Board after the initial kick-off. Below you can find a description of CJ’s mission.

“CJ’s goal is unity, strength, and healthy partnerships for all. After overcoming the effects of middle-school bullying, CJ poured his energy into fostering positive intergenerational relationships. He led youth in his community to create an event honoring elders with a focus on respect and learning from one another. CJ is an active mentor, engaging peers by teaching them about topics that range from healthy traditional foods to protecting natural resources, and more. CJ carefully crafts his educational and leadership experiences so that he can become Chief of his tribe.”

“I want our youth to understand the importance of respecting, honoring, and learning from our elders. Our elders are the foundation of who we are, and in order to keep our culture, language, values, and traditions alive, we all must learn to do this.”
What are the signs of suicide and what should you do?

Get immediate help from a mental health provider or call 911 when you see someone

- Saying they want to hurt or kill themselves
- Looking for ways to kill themselves: looking for pills, weapons, or other means
- Talking or writing about death, dying, or suicide

- Call 1-800-273-TALK or contact a mental health professional, a parent, or teacher, or another adult, as soon as possible.

Stress Busters

1. **Try progressive relaxation** - tense and then release each muscle group in the body, all the way from your fingers to your toes

2. **Breath deep** - deep breathing is linked to lower amounts of cortisol the stress hormone and temporary drops in blood pressure

3. **Exercise** - physical activity releases endorphins which are the brain’s feel good neurotransmitters

4. **Laugh it off** - laughter can reduce the physical effects of stress

5. **Spark some scents** - Certain aromas have shown to reduce stress levels. Burn some sweetgrass, cedar, and/or sage to cleanse the air.

6. **Reach out** - talk to your friends and family in times of need

7. **Practice appreciation** - make a list of 3-5 things you are thankful for, keep it simple
March 15, 2017 is National KICK BUTTS DAY!

Facts about E-Cigarettes

1) There is little to no evidence proving they are a “healthy alternative” or a way to quit.

2) Nicotine is still addictive

3) The e-juice liquid may have up to 43 cancer causing substances

4) The liquid in e-cigarettes can cause nicotine poisoning if drank, sniffed, or touched

Keep Tobacco Sacred

- The smoke from the tobacco plant is used in ceremonies to cleanse or purify an individual, an object, or a place that is part of a ceremony.
- Sacred tobacco can be used as a daily offering to say prayers and give thanks for all gifts the creator has given.
- When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

Benefits of Quitting

- I will live longer and healthier
- My family and friends will be healthier
- My life will be in balance
**What are Opioids?**

Opioids are a group of drugs that are used for treating pain. They are derived from opium which comes from the poppy plant. Opioids go by a variety of names including opiates, opioids, and narcotics. The term opiates is sometimes used for close relatives of opium such as codeine, morphine and heroin, while the term opioids is used for the entire class of drugs including synthetic opiates such as Oxycontin.

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Many people think drug **addiction**, **dependence**, and **tolerance** are pretty much the same thing. But in fact, each term means something very different about how drugs affect a person’s body and brain. Learning the difference is important.

**Tolerance** occurs when a person no longer responds to a drug in the way they did at first. So it takes a higher dose of the drug to achieve the same effect as when the person first used it. This is why people with substance use disorders use more and more of a drug to get the “high” they seek.

**Dependence** means that when a person stops using a drug, their body goes through “withdrawal”: a group of physical and mental symptoms that can range from mild (if the drug is caffeine) to life-threatening (such as alcohol or opioids, including heroin and prescription pain relievers). Many people who take a prescription medicine every day over a long period of time can become dependent; when they go off the drug, they need to do it gradually, to avoid withdrawal discomfort. But people who are dependent on a drug or medicine aren’t necessarily addicted.

**Addiction**

Unlike tolerance and dependence, addiction is a disease; but like tolerance and dependence, addiction can result from taking drugs or alcohol repeatedly. If a person keeps using a drug and can’t stop, despite negative consequences from using the drug, they have an addiction (also called a severe substance use disorder). But again, a person can be dependent on a drug, or have a high tolerance to it, *without* being addicted.

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Maine Narcotics Anonymous. Got a drug problem? Call our helpline and talk to a recovering addict. 1-800-974-0062

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In the U.S.

28,000 Opioid-related deaths¹

That's 76 per day

4 out of 5 new heroin users began on opioids²
Upcoming Events

Lunch with Launch:
Tribal Court Room - 136 County Road, Sipayik
Tuesday, March 21st 12 pm

Women’s Night
Tuesday, March 8th and 21st
5 PM
Sipayik Bingo Hall

20th Annual Spring Social
Saturday, April 15th 11 am– 5 pm
Anah Shriners Building 1404 Broadway, Bangor

National Take-Back Initiative April 29th

Is there an event happening in your community?

We want to use this newsletter as a way of connecting our Wabanaki Nation. If you have an event or something happening in your community that you would like to share, we would love to hear from you. We are happy to receive your information by phone, e-mail or mail.
Three Sisters Soup

Ingredients
- 5 cups prepared white corn
- 3 cups prepared kidney beans
- 1 cup cooked pumpkin/squash
- 1 smoked turkey thigh
- 3 quarts water/liters
- several fresh sage leaves
- 1-3 tsp of salt (to taste)
- 1 small onion

Directions
Boil gently a smoked turkey thigh in 3 quarts/liters of water for about 1 hour until the meat comes away from the bone. Leave the bone in, take the meat out to cool. Add 5 cups prepared white corn, 3 cups prepared kidney beans rinsed and small onion minced. Boil gently for 15 minutes and then add chopped sage leaves, salt and squash for another 15 minutes. Add more water and or vegetable stock if soup needs thinning.

Sweet grass is particularly used in a smudge to attract positive energy, usually after sage or cedar are burned to expel negative energy and to bring protection.

Contact Us
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PO Box 299
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Or email Nicole Altvater: naltvater.wph@gmail.com

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